

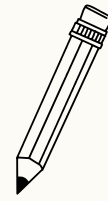
Circle of **INFLUENCE**

feeling overwhelmed?

When juggling multiple responsibilities and competing priorities it can be easy to become overwhelmed with anxiety and stress.

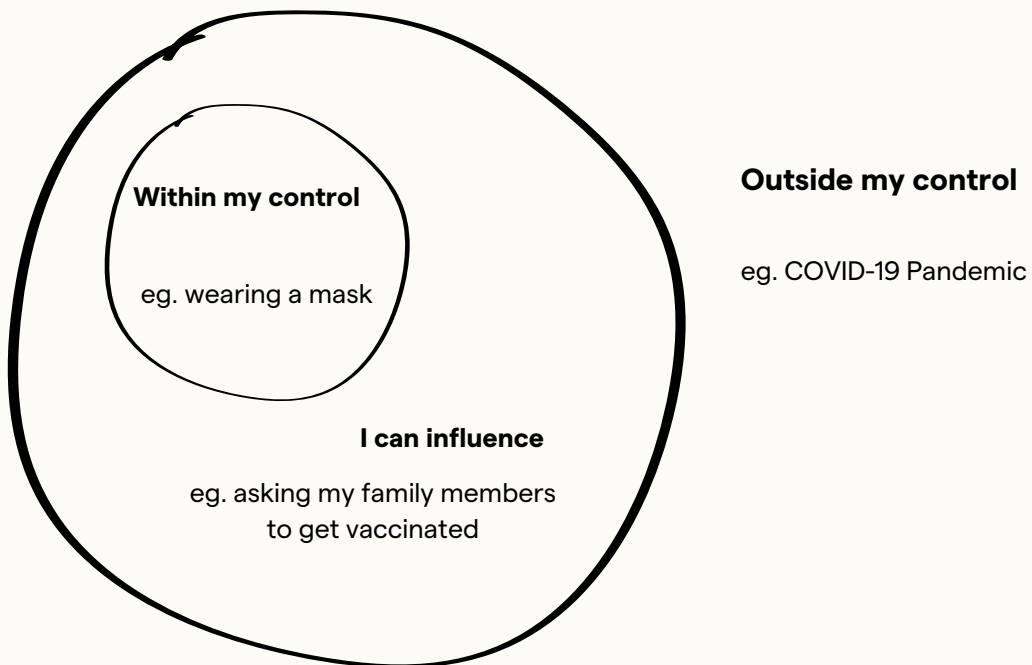
One way to manage this is to **identify what is within your control vs. what is completely out of your control to change**. This awareness helps establish firm personal boundaries and reduce your anxiety. It also reminds you of the power you hold to make a positive change in your life, despite all of the things outside of your control.

Circle of Influence
Activity Time: 20 minutes



Take a few minutes to calmly consider the list of things contributing to your feelings of overwhelm - it could be something at work or worry for someone you care about.

On a piece of paper, draw out and label your circles of influence as such:



What is within my control?

Is this an issue you can resolve on your own? If so, write it down in the circle labelled 'within my control'. Identify an **ACTION** to manage these worries.

What can I influence?

In this circle, include challenges where you have partial control or impact on the outcome. Write down some steps you will take to address them.

What is completely outside of my control?

If there is nothing you can do or say that could directly impact this worry, write it outside the circles. First, try reframing them into small actions within your control or influence (see example above). After you have done so, strike through everything outside of your circles of influence or cut this section of paper out, scrunch it up and throw it away - **LET GO** of these worries! Instead, focus your time and energy on what you can change.